

**AN OUTLINE SYLLABUS OF GRADE XII**  
**SESSION: 2022-23**  
**SUBJECT: PHYSICAL EDUCATION**

<b>MONTH</b>	<b>TOPIC</b>
<b>MARCH</b>	Management of Sporting Events
<b>APRIL</b>	Children and Women in Sports
<b>MAY</b>	Biomechanics and Sports
	Sports and Nutrition
<b>JULY</b>	Test and Measurement in Sports
<b>AUGUST</b>	Physiology and Injuries in Sports
<b>SEPTEMBER</b>	Yoga as Preventive measures for Lifestyle Disease
<b>OCTOBER</b>	Physical Education and Sports for CWSN- Divyang
	Psychology & Sports
<b>NOVEMBER</b>	Training in Sports
<b>DECEMBER - JANUARY - FEBRUARY</b>	Syllabus Revision
<b>SYLLABUS FOR ASSESSMENT</b>	
<b>PERIODIC TEST I: 09 - 16 JULY 2022</b>	Management of Sporting Events Children and Women in Sports
<b>HALF YEARLY: 10 – 22 SEPTEMBER 2022</b>	Management of Sporting Events Children and women in Sports Sports and Nutrition Biomechanics and Sports Test and Measurement
<b>PRE-BOARD TEST I: 3 - 10 DECEMBER 2022</b>	Complete (100%) syllabus
<b>PRE-BOARD TEST II: 13 - 27 JANUARY 2023</b>	Complete (100%) syllabus
<b>ANNUAL BOARD EXAMINATION (MARCH/AS PER THE NOTIFICATION OF CBSE) – COMPLETE (100%) SYLLABUS</b>	